

STRESS AND EXERCISE

Presented by...

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KSC Fitness Center Interns



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TOPICS

- STRESS & THE BODY
- WHAT EXERCISE CAN DO FOR YOU & STRESS
- KSC FITNESS CENTER INFORMATION
- YOGA
- AEROBIC GUIDELINES/EXERCISES
- RESISTANCE TRAINING GUIDELINES/EXERCISES
- STRETCHING FOR FLEXIBILITY





What is STRESS???

Stress is the body's response to any demand or pressure. These demands are called stressors. Stressors could be bills, time, people, life events, etc. Often, however, our lives are filled with many demands that continue over a long period of time. Demands such as work overload may result in negative stress, which is called distress.

Unrelieved stress can take an emotional as well as physical toll, in the form of anxiety or depression, or high blood pressure and heart disease. If unattended, stress can seriously damage physical health; psychological well-being; and relationships with friends, family, and coworkers.

Stress can be...

physical, mental, social, or emotional

PHYSICAL	EMOTIONAL	MENTAL	SOCIAL
Headaches	Anxiety	Forgetfulness	Isolation
Teeth grinding	Frustration	Poor concentration	Loneliness
Fatigue	Nervousness	Low productivity	Lashing out
Insomnia	Depression	Negative attitude	Clamming up
Back aches	Worrying	Confusion	Lowered sex drive
Stomach problems	Tension	No new ideas	Nagging
Colds	Mood swings	Lethargy	Fewer contacts with friends
Neck aches	Easily discouraged	Boredom	Using people
Shoulder pains	Crying spells		
Increased use of drugs	Irritability		

HOW CAN EXERCISE COMBAT MY STRESS??



- ***Exercise* releases endorphins**
- ***Exercise* encourages the nerve cells in the brain to secrete other neurotransmitters, such as serotonin, dopamine and norepinephrine, which improve general feeling**
- ***Exercise* helps alleviate daily tensions**
- ***Exercise* is meditation in movement**
- ***Exercise* improves your mood**

KSC Fitness Center

- **LOCATION** : O& C building(867-7829) & OSB building (861-2133)
- **HOURS**: M-F 5:30 AM-7:00 PM
- **WEBSITE**: <http://fitness.ksc.nasa.gov>
- We offer Daily Group Fitness classes such as BOSOU Blast Off, Upper Cut, Hardcore, and Cardio Boot Camp as well as Personal Training and Fitness Assessments for FREE to all NASA & subcontractor employees 😊

Try YOGA!



YOGA offers relaxation. You focus on your breathing and poses. The poses require balance and concentration. Your mental state will become more calm and your flexibility will improve. You can also lose weight by practicing yoga regularly!

KSC Fitness Center Relaxation Classes

- TUESDAYS @ 5 PM “Yoga Soul”
- WEDNESDAYS @ 5 PM “Pilates”
- THURSDAYS @ 4 PM “Yogalates”



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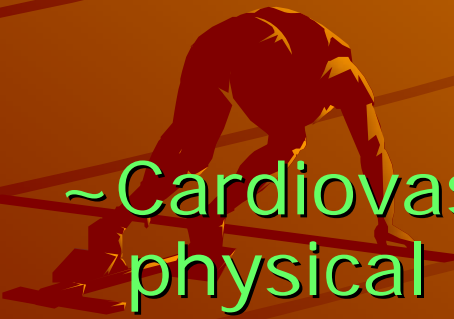
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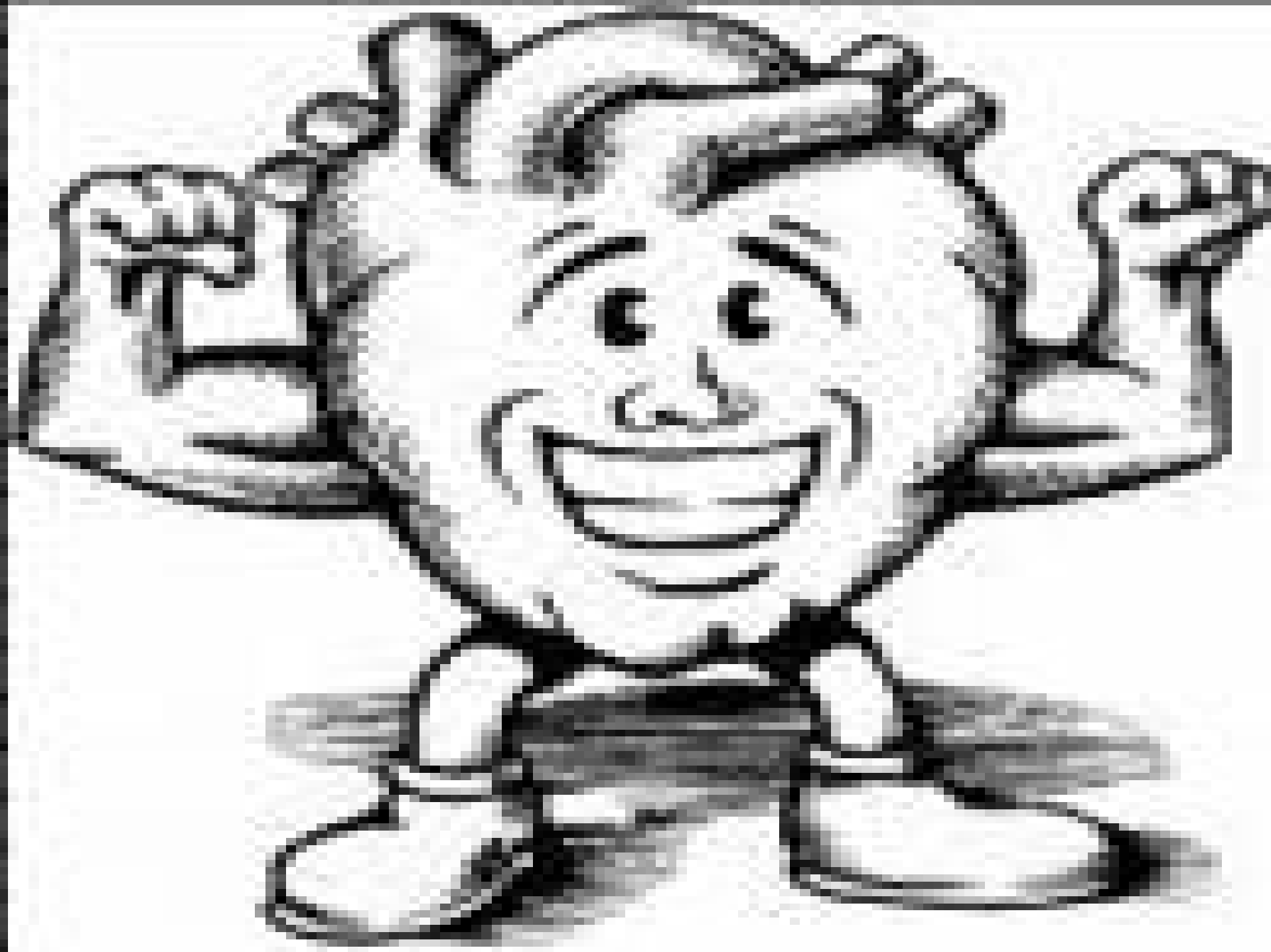
Our Instructors for these classes!

ACSM CARDIOVASCULAR ACTIVITY GUIDELINES

~ Try to get 30 minutes of aerobic (cardiovascular) activity at a moderate intensity on most days of the week

~ Cardiovascular (Aerobic) Activity: Any physical activity which requires increased oxygen intake and increases resting heart rate using large muscle groups





EXAMPLES OF AEROBIC ACTIVITY

SKATE!

DANCE!

SWIM!

HIKE!

WALK the DOG!

BIKE!

HULA!

JUMP!

JOG!



Ways to Increase your cardiovascular fitness at the WORK PLACE

- ◆ Take the stairs instead of elevators
- ◆ Park your car farther away
- ◆ Walk around the facility during lunch break
- ◆ Go for a bike ride during lunch break
- ◆ Wear pedometer to monitor steps and increase steps each day
- ◆ Go to the fitness center before or after work or during your break



ACSM Guidelines for RESISTANCE TRAINING

- Start with 8-12 repetitions and 1-2 sets
- 8-10 exercises a session for major muscles groups
- Frequency.. 2-3 days a week (beginner) OR 4-5 days a week (advanced)
- Sequence.. LARGE muscles before small muscles
- **TECHNIQUE IS KEY**, if your technique is poor decrease weight or don't use weight at all
- Perform exercises in a slow controlled manner
- Use proper breathing technique

EXAMPLES OF CORE EXERCISES...

MODIFIED PLANK POSITION



HOLD THIS POSITION FOR 15 SECONDS AND
GRADUALLY INCREASE THE DURATION.

EXAMPLES OF CORE EXERCISES...

SIDE PLANK



HOLD THIS POSITION FOR 15 SECONDS AND GRADUALLY INCREASE THE DURATION.

EXAMPLES OF CORE EXERCISES...

PROPER CRUNCH



EXAMPLES OF CORE EXERCISES...

QUADRUPED



EXAMPLES OF CORE EXERCISES...

- BACK EXTENSION



EXAMPLES OF LEG EXERCISES

- SQUAT



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Add weight to challenge yourself or a ball for stability!

EXAMPLES OF LEG EXERCISES...

■ LUNGES



Add weight to challenge yourself!

EXAMPLES OF LEG EXERCISES

- KNEE EXTENSION



This type of exercise concentrates on working the front on your thigh or QUADRICEPS

EXAMPLES OF ARM EXERCISES

BICEPS



Basic bicep curl
using water bottle
as weight



Preacher Curl
using stability ball

EXAMPLES OF ARM EXERCISES

TRICEPS



Tricep extension



Tricep dip

EXAMPLES OF CHEST EXERCISES...

CHEST PRESS



EXAMPLES OF CHEST EXERCISES...

PUSH UPS

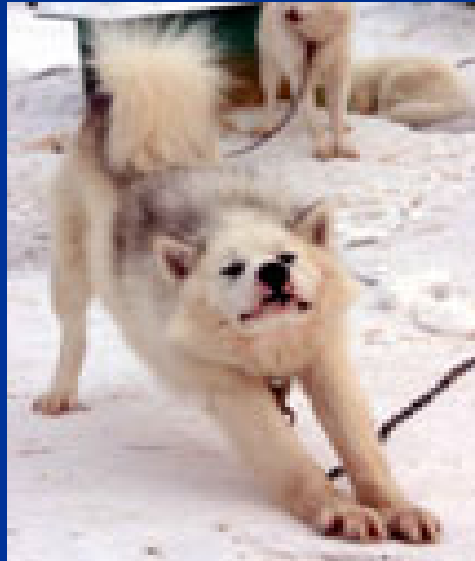


EXAMPLE OF A SHOULDER EXERCISE...

SHOULDER PRESS

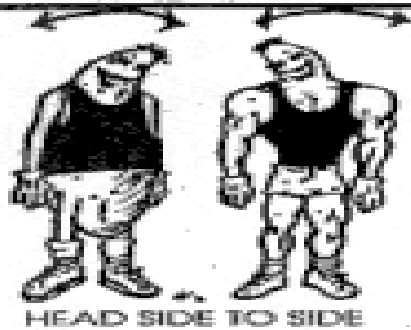


Don't forget to stretch!!!!



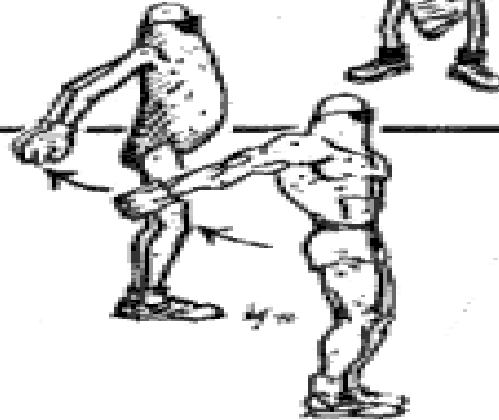
Static Stretching With Norma and Stash

UPRIGHT STRETCHES

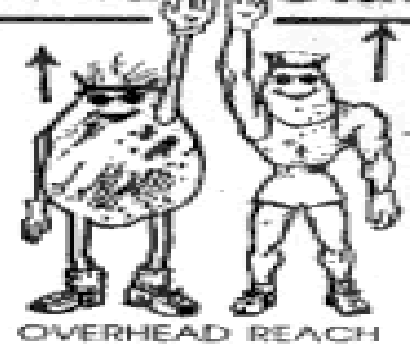


HEAD SIDE TO SIDE

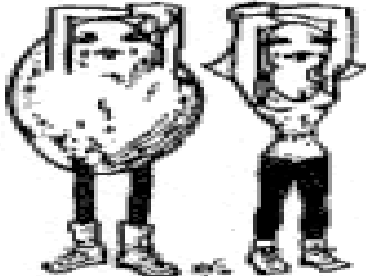
DELTOID SIDE PRESS



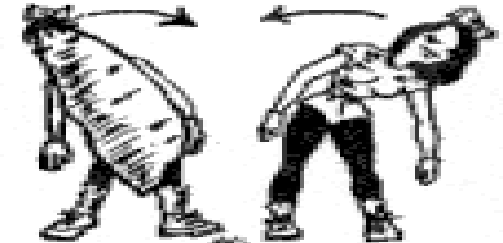
FINGER INTERLOCK



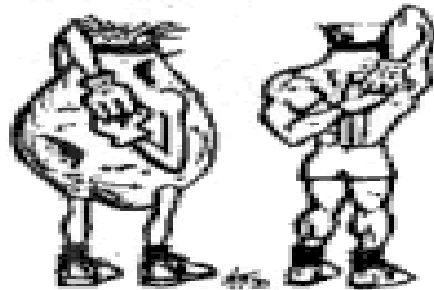
OVERHEAD REACH



TRICEP SQUARE

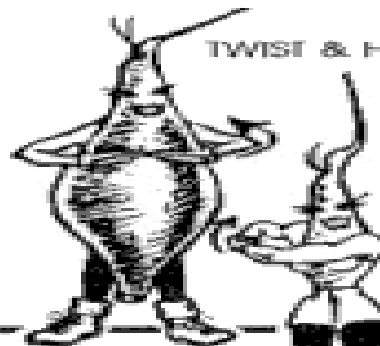


SIDE BEND



BUTCHER'S LOCK

TWIST & HOLD



PLEEAYS



SOLEUS STRETCH



HANG TEN



CALF STRETCH

TO BE CONTINUED...
AT THE KSC FITNESS CENTER!

STOP STRESSING AND START EXERCISING!